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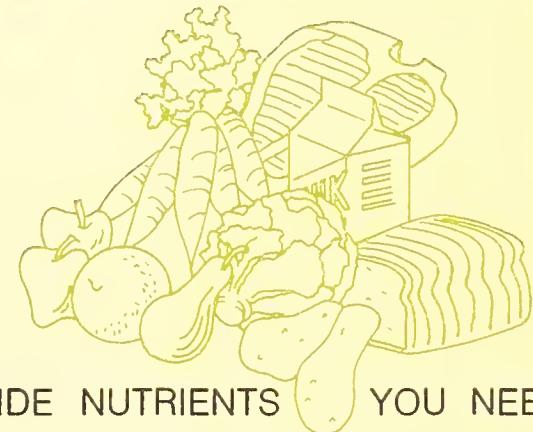
NUTRIMETER

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FOR CHOOSING FOODS THAT PROVIDE NUTRIENTS YOU NEED



Suppl to no 1304
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How to Use the NUTRIMETER

- 1** Place all arrows at "0" on nutrient bars.
- 2** For each food you eat during the day, move arrows to the right the distance that represents the percent of the U.S. Recommended Daily Allowance (U.S. RDA) provided by the food. Likewise, move arrow for calories to represent calories in foods eaten. The percent of the U.S. RDA and the calories in a given size serving may be shown on the nutrition information panel of food labels (see sample on back) or in the USDA publication, "Nutrition Labeling . . . Tools for Its Use" available from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.*
- 3** If at the end of the day all arrows reach 100 percent, your diet has as much of the 7 nutrients as most persons need. Your diet probably has enough of many other nutrients too, if it is made up of foods from these groups—milk and milk products; meat, poultry, fish, eggs, dry legumes and nuts; vegetables and fruit; and whole grain and enriched breads and cereals. Depending on your sex and age, you may not need as much as 100 percent of the U.S. RDA. (See "Percent of U.S. RDA for You" on right panel.)
- 4** You can count calories using the NUTRIMETER. If you need to gain or lose more than a few pounds, check with your physician.

*A "Nutrimeter Student's Guide" and a "Nutrimeter Teacher's Guide" are also available from the Superintendent of Documents.

Choose Daily from Each of These Groups



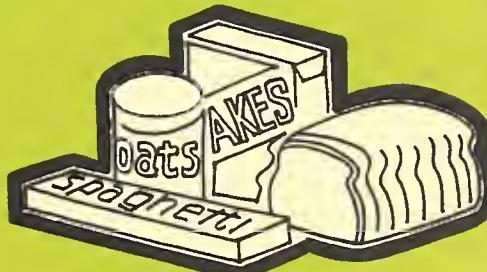
MILK



MEAT



VEGETABLE AND FRUIT

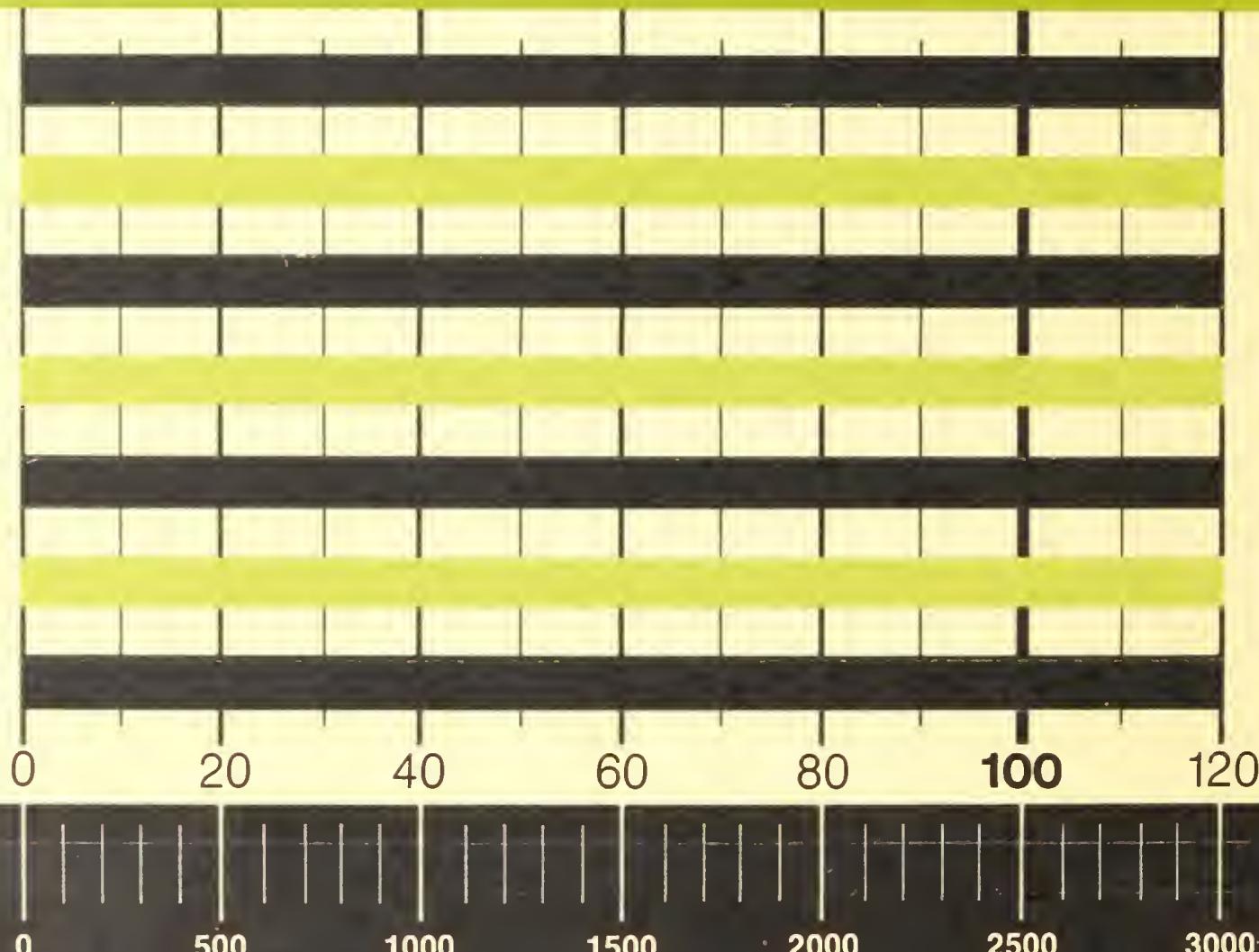


BREAD AND CEREAL

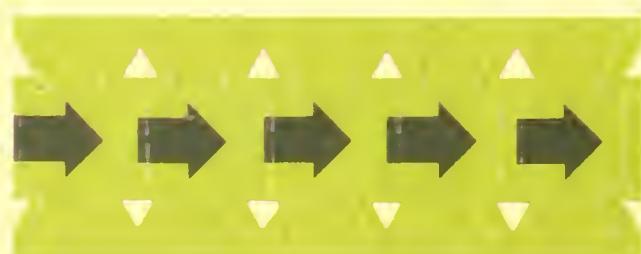
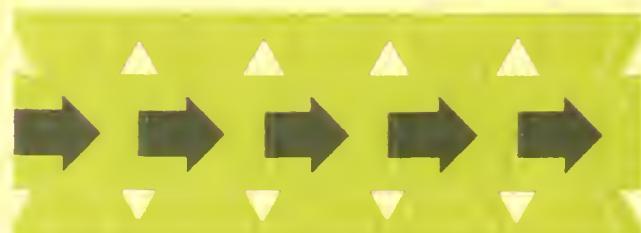
USE
OTHER FOODS AS NEEDED
TO ROUND OUT MEALS

PERCENT OF NUTRIENTS FOR A DAY (U.S. RDA)

Protein
Vitamin A
Vitamin C
Thiamin
Riboflavin
Calcium
Iron



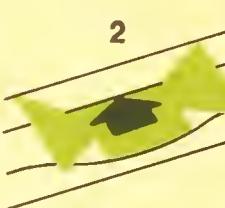
CUT ALONG DASHED LINE



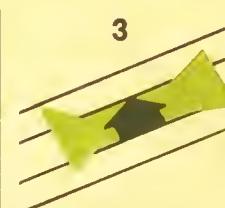
Punch out arrows and insert in slotted card as shown



Bend up side wings of arrow slightly, and insert top tab of arrow under top slot.



Lift slot at bottom enough to insert bottom tab of arrow. Be sure wings are outside slots.



Final appearance. "CALORIES" arrow should point down; all other arrows point up (see other side of this flap).

Percent of U.S. RDA for You

| Years of age | Woman* Man | | | | | |
|--------------|------------|------|-------|-------|-----|-----|
| | 4-6 | 7-10 | 11-18 | 19-50 | 51+ | 19+ |
| PROTEIN | 50 | 55 | 85 | 75 | 75 | 90 |
| VITAMIN A | 50 | 70 | 100 | 80 | 80 | 100 |
| VITAMIN C | 70 | 70 | 75 | 75 | 75 | 75 |
| THIAMIN | 60 | 80 | 100 | 75 | 70 | 100 |
| RIBOFLAVIN | 65 | 75 | 110 | 85 | 65 | 110 |
| CALCIUM | 80 | 80 | 120 | 80 | 80 | 80 |
| IRON | 60 | 60 | 100 | 100 | 60 | 60 |

*Allowances for pregnant and nursing women are higher.

Some Important Sources of Nutrients

Protein

Poultry
Lean Meat
Fish
Cheese
Eggs
Peanut butter
Dry beans and peas, nuts

Vitamin A

Liver
Cantaloup
Dark green and deep yellow vegetables
Apricots
Peaches
Watermelon
Butter, margarine

Vitamin C

Broccoli
Brussel sprouts
Cauliflower
Citrus fruit and juice
Greens
Strawberries
Cantaloup
Peppers

Thiamin

Lean pork
Nuts
Whole grain and enriched bread and cereals

Riboflavin

Milk
Cheese
Greens
Whole grain and enriched bread and cereals

Calcium

Milk
Cheese
Ice cream
Collards, kale, turnip and mustard greens

Iron

Liver, heart, kidney
Lean meat
Dry beans and peas
Dried fruit
Greens, Molasses

Look for Nutrition Labels on Foods You Buy

NUTRITION INFORMATION

(Per Serving)

Serving size—1 cup

Servings per container—2

| | |
|--------------------|------|
| CALORIES | 190 |
| PROTEIN | 14 g |
| CARBOHYDRATE | 17 g |
| FAT | 8 g |

Percentage of U.S. Recommended Daily Allowance (U.S. RDA)

| | | | |
|-----------|----|------------|----|
| PROTEIN | 30 | RIBOFLAVIN | 8 |
| VITAMIN A | 50 | NIACIN | 10 |
| VITAMIN C | 10 | CALCIUM | 2 |
| THIAMIN | 4 | IRON | 10 |

*Niacin is not shown on the NUTRIMETER. A diet that provides the U.S. RDA for protein provides enough niacin.

Use Information with the NUTRIMETER



U.S. DEPARTMENT OF AGRICULTURE
AGRICULTURAL RESEARCH SERVICE
CONSUMER AND FOOD ECONOMICS INSTITUTE

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